

VT MUNCH TIMES

Coming to a Tray near You!

2/09/15

A monthly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include USDA Policy updates, a fun nutrition fact, and up-to-date resources for the coming weeks. Look for these updates once a month!

Munch on this:

Policy Update: Direct Certification

In late March all SFAs will receive a State Direct Certification Report to complete and submit by April 15. Each school participating in the National School Lunch and/or Breakfast Programs must complete and submit this report to the Agency of Education. Even schools that are currently participating in the Community Eligibility Provision must report their enrollment as of April 1 and the number of enrolled children who are directly certified. If your school has not been checking the Direct Certification List each month, please start doing it now so that you will be ready to complete and submit the report in April.

Smart Snacks

Are you getting questions from your school's front office or parents about what is and is not allowed for food-based fundraisers? The USDA recently published a FAQ to help answer those questions:

<http://www.fns.usda.gov/sites/default/files/cn/fundraisersfactsheet.pdf>. Remember, there is no exemption in Vt. for occasional fundraisers with non-Smart Snacks compliant foods. As for non-food fundraisers, the Vt. Department of Health recently published some fun ideas:

http://healthvermont.gov/local/school/documents/school_health_fundraiser_tips.pdf

Thinking of Summer: Summer Food Service Program Returning Sponsors

Yes, it's frozen February, but time to start thinking about summer meals site renewals. The "statement of intent", due April 15th and available on our summer food web page, is where to start. You can submit that once your summer operation is confirmed. You don't need to know all the details of your sites and programs when you submit the intent. If you're not already on the Summer Food e-newsletter, but would like to subscribe, please contact cheryl.barrows@state.vt.us. Please call Nancy Lews if you have Renewal questions, at 802-479-1207. Online agreements are in 2014-2015 Vt. CNP Web under 'SFSP'.

Trainings & Events: WBSCM Refresher Training for Ordering USDA Foods:

USDA Foods orders for next year are due in the WBSCM ordering system by March 13th. We will conduct 4 WBSCM Refresher trainings around the state in February and March. These trainings are not required, but they are recommended for new food service managers and for food service managers who want some assistance placing their orders. Like last year, we will practice placing orders in the WBSCM

training site, and then you will have the opportunity to place your actual order with help. The training sites are:

Newport: February 17, 4:00 - 6:00 pm, North Country Tech Center (Rm 434)

Rutland: February 25, 3:00 - 5:00 pm, Stafford Tech Center (Rm 202)

Milton: March 4, 3:30 - 5:30 pm, Milton High School (Rm 343-344)

Hartford/White River Junction: March 5, 3:00 - 5:00 pm, Hartford Area Career & Tech Ctr. (Rm 301)

To register for one of these trainings, visit: https://creator.zoho.com/cheryl_4.3.68/wbscm/#Form:Home
This training is free, and you will earn 2 CEUs for attending.

Trainings of the Month: At Child Nutrition's Barre office and elsewhere by video streaming

February 12, 2015, 2-4pm ~ Successfully Applying for an Equipment Grant

March 11, 2015, 2-4pm ~ Mini-Manager Series: Production Records*

April 8, 2015, 2-4pm ~ Are You Ready? Disaster Planning & Food Service

May 15, 2015, 2-4pm ~ Mini-Manager Series: Inventory*

Register online at https://creator.zoho.com/cheryl_4.3.68/child-nutrition-programs-training-of-the-month#

**The Mini-Manager Series is a selection of modules from the "School Nutrition New Managers Training" taught annually at Summer Institute – new managers and current managers are all welcome to attend.*

Recipe of the Month: Asian Coleslaw Yield: Approximately 100 half-cup servings

Vegetable Ingredients:

40 cups cabbage, shredded

16 carrots, shredded

4 red onions, thinly sliced

24 green onions, chopped Salt and pepper, to taste

Dressing ingredients:

8 garlic cloves, minced

8 Tbsp lemon juice

12 Tbsp soy sauce or tamari

8 Tbsp rice vinegar

16 Tbsp maple syrup

8 tsp hot chili sauce

16 Tbsp sesame oil

16 Tbsp sesame seeds

Directions:

1. In a large bowl, place cabbage, carrots, red onion, and green onion.
2. In a small bowl, combine the remaining ingredients to make a dressing and mix well.
3. Pour the dressing over the vegetables and mix until well combined.
4. Refrigerate for a few hours or longer and serve.

Resources:

Harvest of the Month by Green Mountain Farm-to-School, Food Connects and Upper Valley Farm to School:

February's Harvest of the Month is cabbage. It is a member of the Brassicaceae family, which also includes broccoli, Brussels sprouts,



cauliflower, and kale. Cabbage is believed to originate from the Asia Minor region. Its tolerance for cold led to cultivation in Europe; cabbage was introduced to the United States by early European settlers. Cabbages vary in color from yellow-green, to red-purple and come in wrinkly-leaved savoy varieties. It has been bred to form tighter heads, but was originally much leafier. Cabbage is a wonderfully neutral vegetable, so can be used in a wide array of dishes—raw, cooked, or fermented. Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at www.vermontharvestofthemonth.org

Find loads of resources and training opportunities on everything from regulations to recipes to nutrition education at:

[National Food Service Management Institute](#)

[School Nutrition Association](#)

[GCF Global Learning](#)

[School Meals Vermont](#)

<http://www.johnstalkerinstitute.org/resources.htm>

[Online Knife Skills Class](#)

[USDA YouTube video instructions for menu certification sheets](#)

USDA Foods Fact Sheets

Nutrition information, product descriptions, storage info, and preparation/cooking instructions for all USDA Foods! <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

VT Munch Times is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Dan Lynch, Child Nutrition Consultant, at (802) 479-1193 or dan.lynch@state.vt.us

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